

Sperm Cryopreservation Patient Instructions

When freezing sperm for future treatment, there are some additional steps that you must take in order for the sperm to be stored at our facility and used for treatment in the future. Please read through these requirements before scheduling your specimen delivery. If all required testing is not performed, your specimen may not be usable for your future treatment.

- **If you have a female partner and she is the intended recipient of the sperm, you must complete your state required infectious disease tests.** Call your care team to schedule sperm freezing when this blood work is completed.
- **If you are planning a pregnancy with the use of a gestational carrier, there are additional FDA requirements that must be completed before you can collect and freeze your sperm.** This includes additional blood work, a physical exam, and questionnaires. Please schedule an appointment with your nurse to be sure all requirements are met prior to scheduling your appointment. You will need to sign additional paperwork on the day of your collection as well.
- **If you have traveled outside of the U.S. in the past 6 months, please let your nurse know and review our policy on Zika virus exposure.**

Instructions for Specimen Collection

We realize that this is a sensitive and personal matter and will make every effort to maintain confidentiality while ensuring proper sample handling and identification.

The specimen should be obtained by masturbation. It should be delivered to the laboratory within one hour of collection. The specimen must be transported at room temperature-to-body temperature. If either of these conditions cannot be met, please discuss this with your doctor or nurse prior to collection. **If you live more than 40 minutes away from our center, we recommend that you collect at our center.**

Wash hands and penis thoroughly and rinse well to remove soap residue. **DO NOT** use a condom or lubricant. If you do need to use a condom, please ask the Nurse or REI laboratory staff for a special condom. **DO NOT** use over-the-counter condoms.

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Ejaculate directly into a non-toxic (or tested) STERILE CONTAINER. If you do not have a sterile container, you can obtain one from the REI/ART lab or clinic, or any local laboratory. Be sure that the collection is complete and that the entire specimen is collected, especially the first portion. If some of your sample spills – DO NOT

ATTEMPT TO COLLECT THE SPILLED PORTION. PLEASE LET THE LAB TECHNICIAN/EMBRYOLOGIST KNOW WHAT HAS OCCURRED.

If a mylex sheath must be used, please discuss directly with clinic personnel. Be sure to secure the container lid tightly after collection.

Delivery of the Specimen

Deliver the specimen and your registration materials on WEEKDAYS to the REI laboratory at 1195 W Fremont Ave., Sunnyvale, CA 94087.

You will be asked to sign in to the laboratory and when called complete a Specimen Identification Acknowledgement. Label the container with labels we will provide. You will also be asked for your photo identification. **Only you can bring in your specimen for sperm freezing. You must be present to sign consents for sperm cryopreservation.**

Sperm freezing is ONLY performed Monday through Friday and NOT on weekends or holidays.

ANY QUESTIONS OR CONCERNS, PLEASE CALL US AT (408) 426-5492.

If you have questions about the requirements or scheduling, please call 650-498-7911 to reach your care team.

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